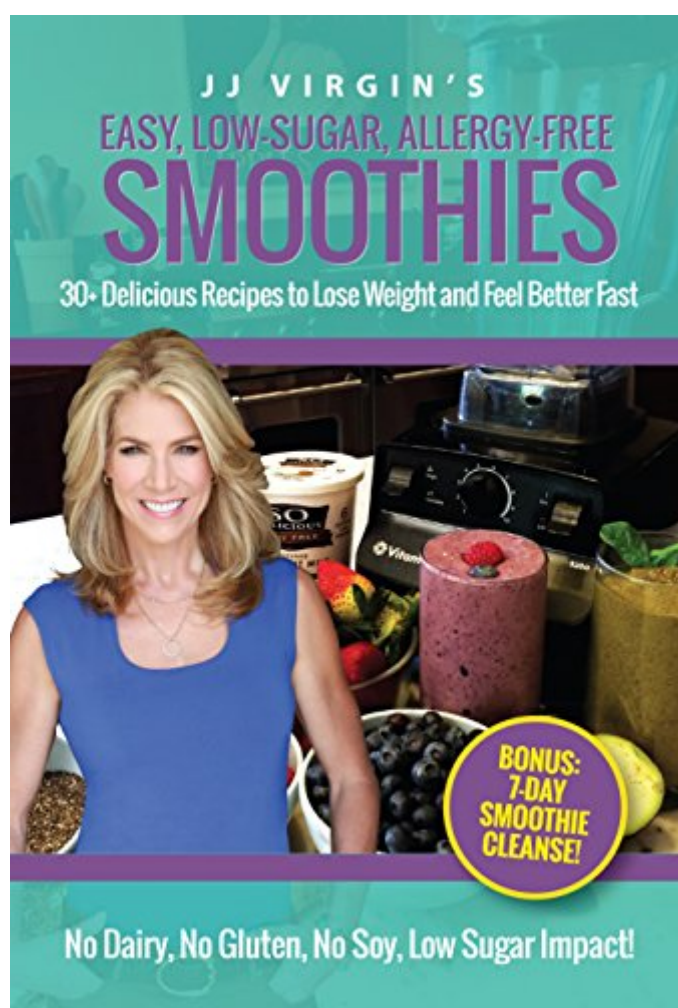


The book was found

JJ Virgin's™s Easy, Low-Sugar, Allergy-Free Smoothies: 30+ Delicious Recipes To Lose Weight And Feel Better Fast



Synopsis

If you are going to do just one thing for your health and waistline, celebrity weight loss expert and New York Times bestselling author of *The Virgin Diet* and *Sugar Impact Diet* JJ Virgin recommends you drink a protein smoothie. But not all smoothies are created equal! What you put in your blender will determine whether you lose weight and feel great or whether you spike your blood sugar and bloat your belly. In this book, JJ offers 30+ low-sugar, allergy-free smoothie recipes that can help you lose up to 7 pounds in 7 days and reverse inflammation from 7 common food intolerances, along with a 7-day bonus cleanse! No dairy. No gluten. No soy. Plus delicious Vegan and Paleo options!

Book Information

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Customer Reviews

Don't let JJ fool you....these really are not low sugar and most definitely NOT low carb, or really low calorie. As a Type 1 diabetic I thought these smoothie recipes would be great (as per the low-sugar hype, after adding up all the carbs, I think she missed the boat. Carbs = sugars), they are delicious recipes however. I will continue to use many of these recipes, just not the ones with all the fruit.

Pump up the insulin....

I have a smoothie every morning and rely on J.J. Virgin's Easy, Low-Sugar, Allergy-Free Smoothies (30-Delicious Recipes to Lose Weight and Feel Better Fast) Guide to help vary the menu.

Additionally, it contains directions for a 7-Day Cleanse, Shopping List, and Recipes. It also gives an overview of the Virgin Diet and the Sugar-Impact Diet.

I've had smoothies for breakfast for years. I always used the same ingredients and I was getting tired of it. JJ Virgins' ebook contains many new smoothie recipes. I'm excited to put the recipes to work. I'll be taking my kindle into the kitchen every morning.

In less than 2 months I have dropped 13 pounds, feel super focused and clear and my body just feels so good! I have been doing one shake per day, a salad with protein at lunch and lots of sauteed veggies and protein for dinner. I love the shakes, energy bars, extra fiber and lemon-aide! The mock nutella recipe in the smoothies book is AHHMAYZING! I am a paleo eater, so no grains or dairy for me (I do use chia seeds and ground flax in my shakes however).

Delicious smoothie recipes. Added bonus, a 7 day detox, which I started right away. JJ is very knowledgeable and practical.

Good recipes for smoothies. Would have liked more information about the cleanse and more options for protein powder. Overall, I'm glad I purchased this book.

I love JJ Virgin's books

JJ Virgin is an Expert Nutritionist - Communicator - Now the focus and application - 2 weeks making significant changes Physically, Mentally!

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JJ Virgin's Easy, Low-Sugar, Allergy-Free Smoothies: 30+ Delicious Recipes to Lose Weight and Feel Better Fast Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker

Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great Wheat Free: Diet for Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized with Gluten Free Recipes for Celiac

Disease & Paleo Free ... diet, natural weight loss, baking recipes)

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